

## YMCA

Age Requirements

No Age Requirement

Available 24/7

No

Family

No

Intake Process

Contact membership department. Visit the website

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Effingham Street YMCA

<https://www.ymcashr.org/locations/effingham-street-family-ymca>

<https://www.ymcashr.org/programs/fitness-classes>

<https://www.facebook.com/YMCAofSouthHamptonRoads>

Main

(757) 399-5511

1013 Effingham Street

23704 VA

United States

Monday: 5:30 am-7:30 pm

Tuesday: 5:30 am-7:30 pm

Wednesday: 5:30 am-7:30 pm

Thursday: 5:30 am-7:30 pm

Friday: 5:30 am-7:00 pm

Saturday: 8:00 am-12:00 pm

Sunday: 1:00 pm-5:00 pm

Fee Structure

Membership Fee

Payment Method(s)

Private Pay

Languages Spoken

English

Effingham Street Family YMCA provides programs for individuals of all ages designed to contribute to their physical, mental, social, and spiritual growth. The Y offers fitness classes for all ages, all levels, and all interests. Over 1,000 fitness classes that include high-intensity interval training, barbell classes, Yoga, Pilates, Zumba, dance fitness, cycling, water exercise, fitness for kids, water exercise classes, and more.

Visit the website for class schedules.

Branch location of YMCA South Hampton Roads

Service Area(s)

Portsmouth City